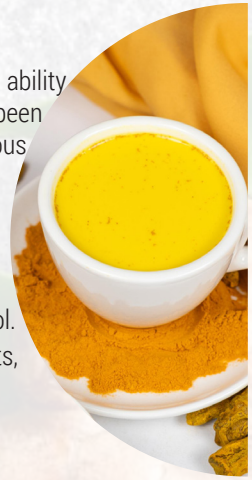
Medicinal Value of Turmeric



Turmeric anti-inflationary properties to its ability to help reduce stress levels Turmeric has been show to aid the body and mind in various ways and acts as

- Antibiotic, Antifungal, Anti inflammatory and Antiviral properties.
- It cures Cancer
- Cardio vascular disease and cholesterol.
- Diabetics and blood sugar and supports, Healthy blood sugar
- Gastrointestinal conditions, Improves digestion
- Prevents gas and floating
- Reduces parasites
- Remission Support for ulcerative colitis
- Glaucoma – viral diseases
- Helps in Controlling viruses and helped many people with Covid-19 virus

Mental support

- Boosts mood
- Combats depression
- Eases PTSD / symptoms (Posttraumatic stress disorder)
- Helps reduce stress
- New role digestive and auto immune diseases of brain
- Prevents the progression of Alzheimer's disease
- Reduces the risk of Parkinson's disease
- Slow the progression of multiple solorisis
- Respiratory support
- Helps quiet coughs
- Improves Asthama
- Reduce the effects of COPD (Chronic Obstructive Pulmonary Disease)
- Soothes bronchitis

Skin

- Soothes Psoriasis • Supports Skin healing • Treats ec / zema

Weight Management

- Lowers the accumulation of fat
- Obesity and metabolic diseases

Uses of Turmeric

Turmerie has evolved from being a simple kitchen ingredient to a globally rece **superfood**, known for its health benefits:

Common Uses

- As a spice and flavoring agent in food
- As a paste in traditional wedding rituals
- In skincare for burns and other skin conditions

Health Benefits:

- Reduces **inflammation**
- Helps with **arthritis** and **joint pain**
- Supports **metabolic health**
- Alds in **degenerative eye conditions**
- Improves **cholesterol** (hyperlipidemia)
- Eases **anxiety**
- Relieves **muscle soreness** after exercise
- Promotes **kidney health**

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Turmeric

Turmeric

How this 4,000 years old Golden Miracle naturally fights pain and inflammation

What is Turmeric ?

Golden yellow in Colour, turmeric has a warm bitter flavor that's also a little bit peppery its mild fragrance reminds of ginger and the ingredient that gives yellow mustard its vibrant colour.

"There is no disease against which Turmeric less not been treated Dr. C. Padmanabham, Farmer & Director Indian Institute of Science, Bangalore.

CURCUMIN : This principal curcuminoid of turmeric, which typically makes 3 to 10 percent of the spice. A natural anti-inflammatory when used in moderate quantities. Very effective to lower pain from Rheumatic disease to cancer prevention. Also it lowers cholesterol. When combined with black pepper, which contains piperine, a natural substance that enhances the absorption of curcumin. Additionally, the body absorbs curcumin better in fat, hence traditionally served with milk.

TURMERIC : Is a medicinal food labeled as a spice. It helps treat many diseases. Turmeric has been in use for thousands of years in India. Most commonly used in curries. China and Africa too have been using it for medicinal purposes for centuries.

Turmeric powder not only has a prominent place in our kitchen but also plays a significant role in many auspicious rites and rituals. It is believed to ensure good fortune

Turmeric powder has been repositioned as a superfood that helps the body against a wide range of illnesses rather than a common kitchen ingredient to bring flavor to our food.

Fresh turmeric paste is applied to the bride/ bridegroom for its auspicious nature.

Used in cooking as a spice and a flavoring agent in most of the food preparations.

Cures Inflammation, Degenerative eye conditions, Metabolic syndrome, Arthritis, Hyperlipidemia (cholesterol in blood), Anxiety, Muscle soreness after exercise and Kidney health.

Usage limit

- Safe daily intake 0.5 gms to 2 gms
- 3 gms per day is safe for three months
- Over 8 gms per day is not safe
- If using Blood thinners or have liver problems, consult your doctor about dosage.

Testing Turmeric for adultery

Mix one teaspoon of Turmeric Powder with water in a glass. If it settles down at the bottom and turns into a yellow color, it is real. Adulterated one will turn to dark yellow.

Turmeric Paste can be applied topically to treat:

- Skin irritations • Burns • Acne and Blemishes

Its antimicrobial and anti-inflammatory properties make it a valuable natural remedy for a variety of skin conditions

TURMERIC POWER IN HUMAN HEALTH

- Turmeric paste can be applied for all kinds of skin problems and burns.
- Turmeric can be boiled with water and the solution can be used for washing wounds and ulcers.
- A mixture of ten grams each of turmeric powder, neem leaf powder and ginger powder consumed @ 3 g twice daily will boost immunity in children.
- One teaspoon of the powder should be taken three times a day with a cup of warm milk for 7 days for fever associated with common cold.

TURMERIC IN ANIMAL HEALTH

- Turmeric powder mixed with oil or ghee can be applied on the ulcerated lesions in the mouth of cattle.
- A decoction of 100 g of turmeric rhizomes in one litre of water should be given once daily for one - three days to cure constipation in cattle.
- For fissures in the teats, butter / castor oil / sesame oil mixed with turmeric can be applied.
- For controlling diarrhoea, three banana flower buds and two large pieces of turmeric can be fed orally.

OTHER USES

Turmeric adds typical flavour, colour and is used extensively in the preparation of tasty dishes. Besides, it is also used in cosmetics and as a dye for cotton textiles. It is also used for dyeing wool and silk. It can be used in combination with other natural dyes like Indigo and sunflower to impart different shades. It is also used as a dye for paper, wood and food stuffs. It is regarded sacred by the Hindus and is used in ceremonial and religious functions.